



Festive Roast Lamb and Red Wine Jus with Roast Potatoes, Honey Glazed Root Veg and Mint Sauce

Roast 80 Minutes • 1 of your 5 a day

33



Lamb Roasting Joint



Potatoes



Garlic Clove



Rosemary



Cracked Black Pepper



Chantenay Carrot



Parsnip



Red Wine Jus Paste



Mint



Red Wine Vinegar



Honey

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan, Baking Tray, Garlic Press, Colander and Bowl.

Ingredients

	2P	3P	4P
Lamb Roasting Joint**	450g	675g	900g
Potatoes**	700g	1150g	1400g
Garlic Clove**	3	5	6
Plain Flour*	3 tbsp	4½ tbsp	6 tbsp
Rosemary**	1 bunch	1 bunch	1 bunch
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Cracked Black Pepper	2 sachets	2 sachets	4 sachets
Salt*	¾ tsp	1¼ tsp	1½ tsp
Chantenay Carrot**	150g	225g	300g
Parsnip**	2	3	4
Red Wine Jus Paste 10) 14)	22g	37g	44g
Water for the Jus*	250ml	400ml	500ml
Mint**	1 bunch	1 bunch	2 bunches
Sugar*	1½ tsp	2¼ tsp	3 tsp
Boiling Water for the Sauce*	1 tbsp	1½ tbsp	2 tbsp
Red Wine Vinegar 14)	1 sachet	1 sachet	2 sachets
Honey	1 sachet	1½ sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	776g	100g
Energy (kJ/kcal)	3595/859	463/111
Fat (g)	28	4
Sat. Fat (g)	9	1
Carbohydrate (g)	100	13
Sugars (g)	22	3
Protein (g)	57	7
Salt (g)	3.72	0.48

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

10) Celery 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soy, Gluten & Sulphites.

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1 Prep the Potatoes

Preheat your oven to 200°C. Remove your **lamb** from the fridge to allow it come up to room temperature. Pour enough **oil** into a deep baking tray to cover the bottom and pop in the oven. Bring a large saucepan of **water** with ½ **tsp of salt** to the boil. Peel and chop the **potatoes** into 4cm chunks. Boil the **potatoes** for 7-8 mins or until the edges are soft. Meanwhile, peel and grate the **garlic** (or use a garlic press).



4 Bring on the Root Veg

Trim the **carrots**. Halve any large ones lengthways. Trim the **parsnips** and halve lengthways (no need to peel), then chop into roughly 1cm wide, 5cm long batons. When 25 mins of roasting time remain, add the **carrots** and **parsnips** to the **lamb's** baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Roast until tender, 20-25 mins. Turn halfway through.



2 Roast the Potatoes

Once the **potatoes** are ready, drain in a colander and sprinkle on the **flour** (see ingredients for amount). Shake to fluff up the **potatoes**, then carefully add them to the hot baking tray, turning in the **oil**. Season with salt then roast on the top shelf of your oven until golden, 45-50 mins. Turn halfway through. Meanwhile, pick the **rosemary leaves** from their stalks and roughly chop (discard the stalks).



5 Make the Sauces

Meanwhile, pop the (now empty) potato pan on medium-high heat. Add the red wine **jus** and water **for the jus** (see ingredients for amount) and bring to a boil, stirring continuously, 2-3 mins. Turn the heat down slightly then simmer until thickened, 5-6 mins. TIP: Add a splash more water if needed. Pick the mint leaves from their stalks and roughly chop (discard the stalks). Pop the mint into a small bowl with the sugar, **boiling water for the sauce** (see ingredients for both amounts) and vinegar. Mix together, season with salt then set aside.



3 Roast the Lamb

Carefully remove the **lamb** from the netting (discard the netting). Mix together the **olive oil** (see ingredients for amount), **garlic**, **rosemary**, **cracked black pepper** and **salt** (see ingredients for amount) in a small bowl. Rub all over the **lamb** then place onto a baking tray. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Roast the **lamb** on the middle shelf for **2P:** 25-30 mins, **3P:** 35-40 mins, **4P:** 50-55 mins for medium-rare. Add an extra 5 mins if you like your **lamb** more well done. Rest, wrapped loosely in foil, for at least 10 mins before slicing. **IMPORTANT:** The lamb is cooked when browned on the outside.



6 Finish and Serve

When everything is ready, carve the **lamb** and serve on your plates with the **roast potatoes**. Drizzle the **honey** over the **roasted carrots** and **parsnips**, toss to coat and pop alongside. TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min. To finish, spoon over the **red wine jus** and drizzle the **mint sauce** over your **lamb**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.